



What to eat after Nissen Fundoplication Surgery

After your Nissen Fundoplication surgery, you will need to follow a **soft food diet**.

A soft food diet can make it easier for you to swallow after your surgery.

It does not include food or drinks that can make swallowing harder or make pain worse after your surgery. This diet will also help you eat enough calories and protein to promote healing and return to your normal routine.

Your doctor may advise you to follow a full fluid or pureed diet before you begin a soft diet. If this is advised, the dietitian will give you information about these diets.

How long will I have to follow a soft diet?

You will need to follow this diet for 3 to 4 weeks after surgery. Check with your doctor at your first follow-up appointment to see when you are able to go back to your regular diet.

What foods can I eat?

A soft food diet includes foods that are both **soft** and **moist**.

Before eating, ask yourself, is this food soft and moist? For example, bread is soft, but it is not moist. Most meats are moist, but they are not soft. As a result, you need to avoid most bread and meats.

Look at the chart on pages 2 and 3 for a list of foods and drinks you can and cannot eat.

Foods	Foods you can eat	Foods to avoid
Milk and milk products	Cheese, all types Cottage cheese Custard Milk, all types including chocolate milk Milkshake Smoothie Pudding Yogurt and ice cream, smooth	Yogurt and ice cream with nuts, pieces of dried fruit and/or granola (such as Heavenly Hash or rum and raisin ice cream, yogurt parfait)
Bread and grain products	Cereal, cooked (such as oatmeal or cream of wheat) Noodles, cooked Rice, cooked	Bread, all types (including bagels, pita, buns, muffins, toast, tortillas) Cereal, dry Crackers, all types Pancakes Waffles
Meat and meat alternatives	Eggs, soft (such as scrambled) Fish, all types (except deep-fried) Tofu, all types	Eggs, fried Fish, deep-fried Legumes, such as chickpeas, kidney beans and lentils Meats, all types including beef, pork, poultry, luncheon meats, bacon Nuts and seeds, any type Peanut butter

Foods	Foods you can eat	Foods to avoid
Fruits	Applesauce Berries (strawberry, blueberry, raspberry, blackberry) Fresh fruits, peeled (such as banana, melon, apple, pears, peach) Fruit juice Fruits, canned	Fruit, dried, all types Fruit, any with skins
Vegetables	Potatoes, well-cooked, no skin Sweet potatoes, well-cooked, no skin Vegetables, canned Vegetables, well-cooked, no skin	French fries Vegetables, raw, all types
Soups and casseroles	Soups and casseroles made with food from the "Foods you can eat" list, such as cream or broth soups, macaroni and cheese	
Sweets, desserts and snack foods	Chocolate, no nuts Gelato Jelly, seedless jam Jell-o Marshmallows Popsicles, fruit ices Sorbet	Cake, all types Chocolate, with nuts and/or dried fruit Cookies, all types Muffins, all types Pastries, all types Deep fried, all foods Pita chips Popcorn Potato chips Pretzels

Guidelines:

1. Sit upright while eating.
2. Sit upright for 30 to 60 minutes after eating meals and snacks.
3. Eat 4 to 5 small meals during the day.
4. Take small bites, eat slowly and chew your food well.
5. Prepare foods so that they are moist, soft and easily swallowed.
6. If you are having problems eating enough protein and calories, you may need to drink a nutritional supplement or homemade milkshake as a meal or snack. Examples include Carnation Breakfast Anytime (made with whole milk), Ensure, Boost or a similar store brand.
7. Take a multivitamin.

Swallowing a lot of air can give you gas and bloating in your stomach.

Tips to help prevent gas and bloating in your stomach:

- Do not use straws.
- Sip drinks, do not gulp them.
- Do not have carbonated drinks such as soda pop, sparkling water, beer or champagne.
- Do not chew gum.

If you are choking or have pain during swallowing call your surgeon or go to the nearest emergency department.